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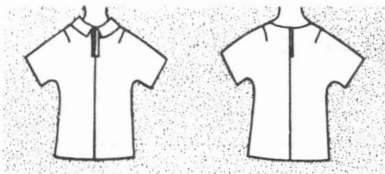
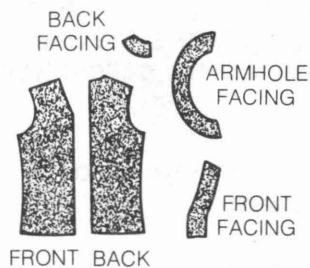
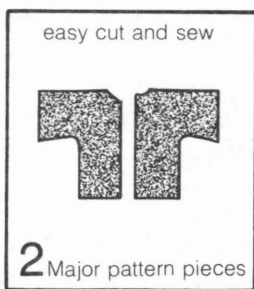
SEWING BEGINS WITH YOU

Becky Culp*

easy

simple

fast



To begin sewing, start with yourself. You are the most important part of any sewing project. What do you like? What looks best on you? What size do you wear?

EASY-TO-SEW PATTERNS

Choose a fashionable pattern that you like and that is easy to sew. Look in the pattern book or on the pattern envelope for:

- Easy-to-sew terms.
- Drawings of few pattern pieces.
- Drawings of garments. A garment with few seams is easier than one with many seams. Straight seams are usually easier than curves and square corners.

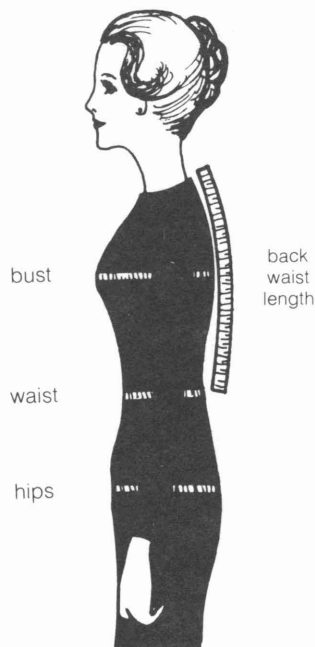
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PATTERN SIZE AND TYPE

Use a tape measure to take your measurements.

Take your measurements over what you will wear under your garment. Hold the tape measure snug, but not tight. You may need someone to help you.

As you take each measurement, write it in the space below:



_____ Bust (around fullest part).

_____ Waist (around natural waist).

_____ Hips (around fullest part).

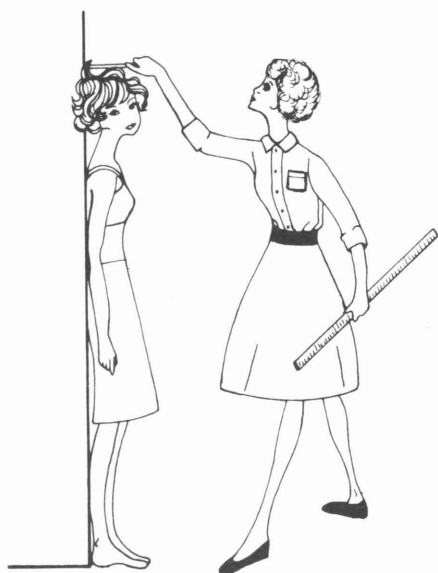
_____ Back waist length (from base of neck to waist).

_____ Height (from top of head to floor, without shoes). Use a yardstick to measure your height.

Use your measurements to find your pattern size and type. Look at the charts in the back of a pattern book. What pattern type are you most like?

After you find your type, look for your size in that type of pattern.

Write your pattern size and type here.



Garment	Pattern Type	Pattern Size
Dress, blouse or jacket	_____	_____ (bust measurement)
Pants or skirt	_____	_____ (hip measurement)

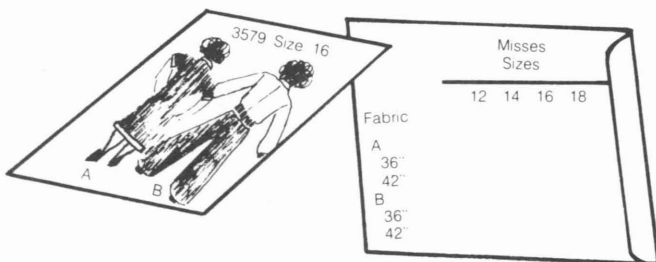
Buy only those patterns that are your type and size.

EASY-TO-SEW FABRICS

Choose a fashionable fabric that you like. Many different fabrics are available in a variety of price ranges.

You will enjoy sewing your fabric if it is:

- Becoming to you.
- Washable. Read the label.
- A medium weight that feels good.
- An all-over pattern or a solid that does not form crosswise lines that must be matched.
- Stable and does not ravel or stretch too much.
- The price you want to pay.
- Listed on the back of the pattern envelope as a "suggested fabric."



Check the pattern envelope or pattern book for the amount of fabric to buy.

Buy by your:

- Pattern size
- Pattern type
- Pattern view you want to make
- Fabric width

SHOPPING PLAN

Have	Buy	
		<i>Pattern</i> — the correct size and type
		<i>Fabric</i> — the correct number of yards and width
		<i>Interfacing</i> — if listed on pattern envelope
		<i>Sewing Notions</i> — listed on the pattern envelope
		Thread
		Buttons
		Zipper(s)
		Trim
		Snaps
		Hooks and eyes
		Elastic
		Others _____
		<i>Sewing Supplies</i>
		Shears
		Straight pins
		Pin cushion
		Tape measure
		Needle
		Ruler or 6-inch sewing gauge
		Thimble
		Colored chalk or tracing wheel and tracing paper
		<i>Sewing Equipment</i>
		Sewing machine that works
		Sewing machine manual, if possible
		Extension cord
		Machine attachments
		Cleaning cloth
		Lint brush
		Machine bobbin
		Machine needles
		Medium weight fabric scrap for a press cloth, at least 12" x 12"

Collect what you need to begin sewing. You may have some of the equipment at home and you will need to buy some of it. Your leader will tell you what sewing equipment will be furnished at the workshop. You must select your pattern before you know what sewing notions or how much fabric to buy.

Before beginning to sew, wash and dry your:

- Fabric
- Interfacing (except for the iron-on kind)
- Zipper
- Trim

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socio-economic levels, race, color, sex, religion or national origin.